

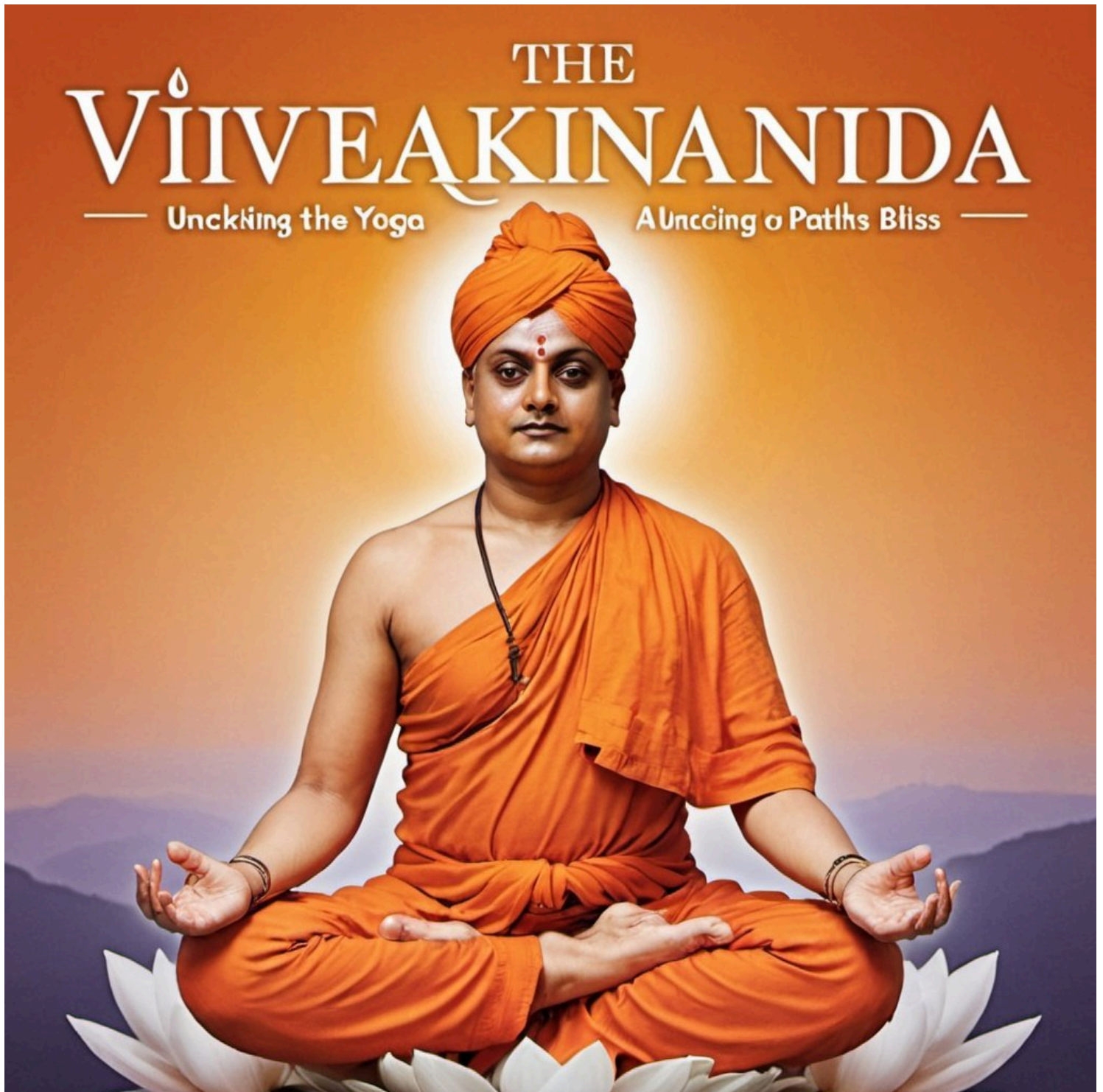


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## The Vivekananda Vibe: Unlocking the 4 Paths to Yoga Bliss



by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Publishing](#)® |

May 14, 2024

[New Book just published](#)

## The Vivekananda Vibe: Unlocking the 4 Paths to Yoga Bliss

Vivekananda's emphasis on *nirvikalpa samadhi* was preceded by medieval yogic influences on Advaita Vedanta. In line with Advaita Vedanta texts like [Drg-Dṛśya-Viveka](#) (14th century) and [Vedantasara \(of Sadananda\)](#) (15th century), Vivekananda saw [samadhi](#) as a means to attain liberation.

Vivekananda popularized the notion of [involution](#), a term which Vivekananda probably took from western [Theosophists](#), notably [Helena Blavatsky](#), in addition to Darwin's notion of evolution, and possibly referring to the [Samkhya](#) term [sātkarya](#). Theosophic ideas on involution has “much in common” with “theories of the descent of God in Gnosticism, Kabbalah, and other esoteric schools.” According to Meera Nanda, “Vivekananda uses the word involution exactly how it appears in Theosophy: the descent, or the involvement, of divine consciousness into matter.” With spirit, Vivekananda refers to [prana](#) or [purusha](#), derived (“with some original twists”) from Samkhya and [classical yoga](#) as presented by Patanjali in the [Yoga sutras](#).

Vivekananda linked [morality](#) with control of the mind, seeing truth, purity and unselfishness as traits which strengthened it. He advised his followers to be holy, unselfish and to have *shraddhā* (faith). Vivekananda supported [brahmacharya](#), believing it the source of his physical and mental stamina and eloquence.<sup>1</sup>



The knowledge in the world is gained by Concentration of the powers of the mind. The strength and force of the blow come through concentration. There is no limit to the power of the human mind. The more concentrated he is, the more power is brought to bear on one point; that is the secret.<sup>2</sup>

The chief practice of Raja Yoga is meditation. Compiled by Patanjali Maharishi, Raja Yoga is also known as Ashtanga Yoga because its practices can be divided into eight limbs, each limb developed to bring the body and thought energy under control.<sup>3</sup>

### **Raja Yoga**

Raja yoga, literally “kingly yoga”, is that branch of yoga which focuses primarily on meditation. The goal of raja yoga is the attainment of samadhi, a state of God awareness accessible to the still, contemplating practitioner. The raja yogi seeks to quiet all aspects of his body and mind, and enter into a transcendent state beyond nature. Some schools define the highest samadhi as taking place when the breath has stopped, obviously necessitating that the body be in an immobile

posture. Patanjali is generally recognized as the foremost exponent of raja yoga, and his Yoga Sutras are the primary text of this discipline.

The advantage of raja yoga is that it is a very precise system which is accessible to anyone regardless of current spiritual status. Raja yoga is a science, in which each stage of accomplishment brings an increasing degree of peace and wisdom. Any beginner can grab hold of the ladder of raja yoga and undertake practices which will eventually lead to the summit of samadhi. In addition, raja yoga has been so well explored that its system has been mapped very clearly, making it possible for the aspirant to work within a contextual framework in which he can understand his accomplishments and obstacles.

The disadvantage of raja yoga is that to truly climb its summit one would do well to live a rather isolated existence. Raja yoga requires great periods of time for meditation in a form which is best done in seclusion. It also demands extensive sadhanas for which the contemporary aspirant likely does not have the time.<sup>4</sup>

FOUR STREAMS OF YOGA Yoga is a mastery over the mind. There are various streams of Yoga.

Swami Vivekananda broadly categorized this into four streams as they are:

- Karma Yoga – this is about selfless action without an attachment to the results.
- Raja Yoga – this is the practical approach to reach higher states of consciousness.
- Bhakti Yoga – this is an attitude of total surrender and love.
- Jnana Yoga – this is the path of knowledge. It deals with the intellect.

Swami Vivekananda said, “**All streams of Yoga lead to the same goal. Do it by work (Karma Yoga), worship (Bhakti Yoga), philosophy (Jyana Yoga) or psychic control (Raja Yoga) by any one or two or all of these and be free**”.

Let us know these streams of Yoga.<sup>5</sup>

**OBJECTIVES** After studying this lesson, you will be able to: • recall four streams of Yoga- Karma Yoga, Raja Yoga, Bhakti Yoga and Jnana Yoga and practice Karma Yoga, Raja Yoga, Bhakti Yoga and Jnana Yoga.

**1.1 KARMA YOGA** Karma means any action which is physical or mental. Karma yoga is welfare activity, performed selflessly, unattached and silently. Karma yoga is also an art of ‘working in relaxation’ with total ‘Awareness’. Our actions are classified into three, namely Tamas, Rajas and Sattva.

- **Tamas**-This is the darkness and the crudeness in man. It is born of ignorance and the cause of delusion. It binds us through recklessness, laziness and sleep.

- **Rajas** -This is full of passion and is born out intense desire and attachment. It binds the us through attachment with action.

- **Sattva** -This is pure, without impurities, illuminating and free from sickness. It binds us through attachment with happiness and knowledge. Karma Yoga offers us three methods towards achieving the goal. First step: This is to destroy the Tamas and remove the resistance to action, both physical and mental.

**Four Streams of Yoga Second step:** This is to overcome the problems of Rajas, manage the most difficult situations as fire-fighting with ease and not get lost.

**Third step:** This is to resolve all conflicts that arise on our way towards achieving the goal. Let us now learn and understand

one of the famous sloka from Bhagavad Gita which explains the Karma yoga:  $\text{kmR}\{\text{yevaixkarSte ma}\}$

2-47. Meaning You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction. BG

2.47 This is a very popular verse of the Bhagavad Gita, so much so that even most school children in India are familiar with it. It offers deep insight into the proper spirit of work and is often quoted whenever the topic of Karma yoga is discussed. This verse gives four instructions regarding the Karma yoga

- Do your duty, but do not worry yourself with the results.
- The fruits of your actions are not for your enjoyment.



### Four Streams of Yoga Notes

- Even while working, give up the pride of doership.
- Do your work in regulated and disciplined manner.

1.2 RAJA YOGA Raja means King. Raja yoga is the path of discipline and practice with will power. The main texts of this tradition are yoga sutra of Maharshi Patanjali. It is also known as Ashtanga Yoga **(The eight-step yoga) because it is organized into eight parts:**

- Yama – Self control
- Niyama – Discipline

- Asana – Physical exercises
- Pranayama – Breathing exercises
- Pratyahara – Removal of the senses from external objects
- Dharana – Concentration
- Dhyana – Meditation
- Samadhi – Complete realization Raja yoga is also defined as the path of willpower. Lord Krishna explains this aspect in Bhagavad Githa:

6-5. uddharedātmanātmānā nātmānamavasādayet | ātmaiva hyātmano bandhurātmaiva ripurātmana || 6.5||

### Meaning

Elevate yourself through the power of your mind, and not degrade yourself, for the mind can be the friend and also the enemy of the self. BG 6.5 Lord Krishna says that we must use the mind to elevate the self. In other words, we must use the intellect to control the mind. In today's time if we are suffering from various problems, suffering from ill health, tensions and stresses, these are of our own making. Therefore, it is for us to change ourselves to overcome these miseries and grow to reach higher states of bliss, creativity and freedom. Swami Vivekananda says that "We are the makers of our own destiny". We have been given the freedom to choose either to make or damage ourselves. If we use this freedom of will, the power of intelligence and discrimination for development, we 'make' ourselves. And if we misuse, there is decline and we 'damage' ourselves. We all possess that "will" power as a manifestation of that freedom is in ourselves. Thus, Raja Yoga is to use that will power and elevate ourselves.

### 3 BHAKTI YOGA

The term Bhakti comes from the root 'Bhaj', which means 'to be attached to God'. Bhakti yoga is a devotion and it is focused on the cultivation of love and devotion towards the God. The origin of Bhakti can be seen in the Upanishads, specifically the Shvetashvatara Upanishad. The Bhagavad Gita, The Puranas and Narada Bhakti Sutra are important scriptures that explain the philosophy of Bhakti yoga. Lord Krishna explains the quality of Bhakta in Bhagavad Gith that:

12-13. adveñöä sarvabhütänäà maitraù karuëa eva ca |  
nirmamo nirahaikäraù samaduùkhasukhaù kñamé || 12.13||  
Meaning Those devotees are very dear to me who are free from hatred toward all living beings, who are friendly, and compassionate. They are free from attachment to possessions and egotism, equipoised in happiness and distress, and ever-forgiving. BG 12.13 Bhakti softens the heart and removes jealousy, hatred, lust, anger, egoism, pride and arrogance. Bhakti infuses joy, divine ecstasy, bliss, peace and knowledge. All cares, worries and anxieties, fears, mental torments and tribulations entirely vanish.



### **Bhavas in Bhakti**

Bhavas or feelings are natural to human beings and so these are easy to practice. There are five kinds of bhava in Bhakti.

- **Shanta Bhava:** The devotee is shanta or peaceful. He does not jump and dance. Bhishma was a Shanta Bhakta.
- **Dasya Bhava:** It is about being a servant of god. Lord Hanuman was a Dasya Bhakta. He had Dasya Bhava, servant attitude.
- **Sakhya Bhava:** God is a friend of the devotee. Arjuna had this Bhava towards Lord Krishna. They both used to sit, eat, talk and walk together as close friends.

- **Vatsalya Bhava:** The devotee looks upon God as his child.

Yashoda had this Bhava with Lord Krishna. The devotee serves, feeds, and looks upon God as a mother does in the case of her child.

- **Madhurya Bhava:** This is the highest form of Bhakti. The devotee respects the Lord as his lover. This was the relation between Radha and Krishna. The devotee and God feel one with each other and still maintain a separateness in order to enjoy the bliss of the play of love between them.

Navavidha Bhakti: The nine forms of devotion are

- **Shravanam** – Hearing the names, stories and glories of the God
- **Keertanam** – Chanting his glories

- **Smaranam** – Remembering the God

- **Paada sevanam** – Serving the God's feet

- **Archanam** – Worshiping the God

- **Vandanam** – Offering obeisance unto the God

- **Daasyam** – Serving the God as his servant

- **Sakhyam** – Developing friendship with the God

- **Aatma Nivedanam** – Total surrender of oneself to the God

Bhakti is bliss and more blissful would be our lives when we cultivate and practice the above discussed Navavidha Bhakti or nine forms of devotion in our journey of life towards the Supreme.

## 1.4 JNANA YOGA

Jnana means knowledge or wisdom. Jnana yoga is the path of intellect and the path of analysis. This is also the yoga of wisdom and has its own methodology. The fundamental goal

of Jnana yoga is to become liberated from ignorance and to achieve the true knowledge or wisdom.

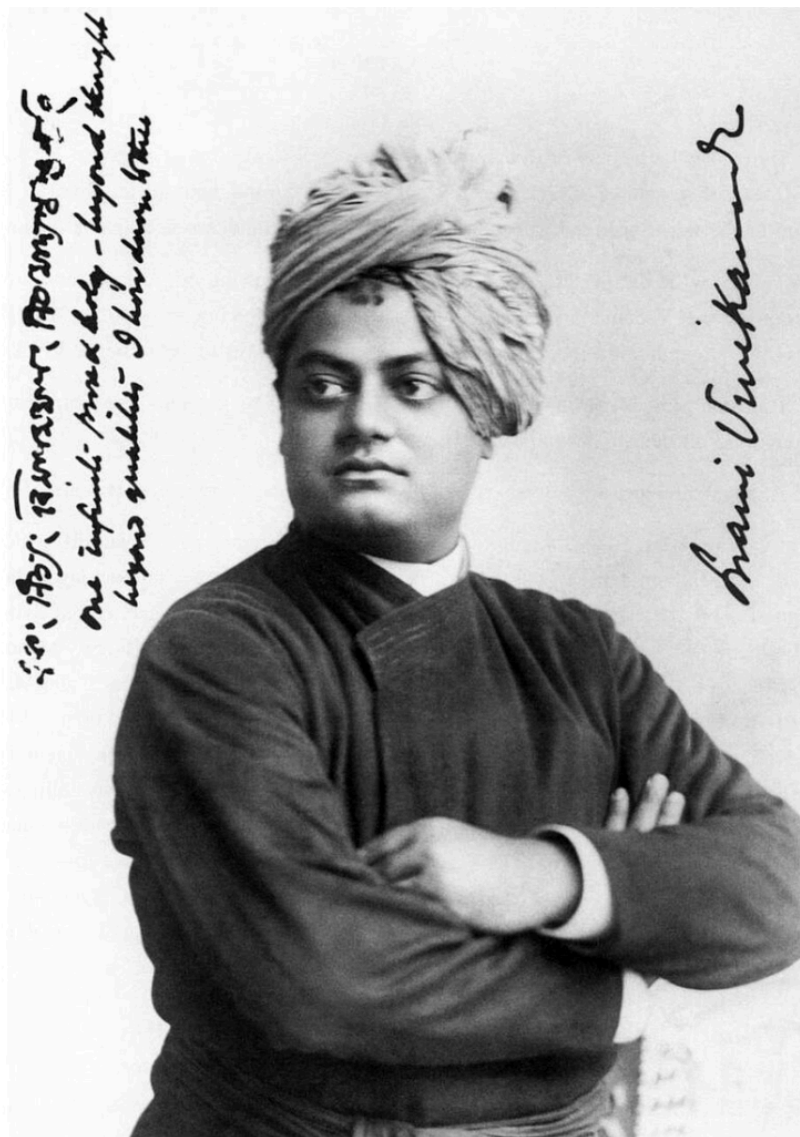
api cedasi päpebhyaù sarvebhyaù päpakåttamaù | sarvaà  
jïanaplavenaiva vâjinaà santariņyasi

### **|| 4.36 || Meaning**

Even those who are considered the most immoral of all sinners can cross over this ocean of material existence by seating themselves in the boat of divine knowledge. BG 4.36

### **The three methodology of Jnana Yoga are:**

- **Shravana:** It means hearing. Hearing a lecture or reading a book or watching a video all come under Shravana.
- **Manana:** After hearing a lecture, you must start cognizing about it, then logically try to understand it, repeat that again and again, questioning it to the maximum possible extent which is called Manana.
- **Nididhyasana:** It means experiment. Experiencing true knowledge through Jnana yoga allows the student to know God and be liberated.



### The Role of Rajyoga Meditation for Modulation of Anxiety and Serum Cortisol<sup>6</sup>

***As age advances, there is a decline in the volume of different areas of the brain. This can be reversed by stimulating the brain areas continuously with some methods.*** One such method of brain stimulation is Rajayoga meditation.

Research supports that there was an increase in gray matter followed by the long-term practice of meditation.

Rajayoga meditation was special and unique compared to any other type of meditation.<sup>7</sup>

***According to Vivekananda***, a country's future depends on its people, stating that "man-making is my mission." Religion

plays a central role in this man-making, stating “to preach unto mankind their divinity, and how to make it manifest in every movement of life.” It is coordinated willpower that would lead to independence, even with forty millions Britons ruling three hundred million people in [India](#). According to Vivekananda, those forty million Britons put their wills together and that resulted infinite power, and that was the reason of their success. Vivekananda prescribed, to make a great future [India](#) the whole serest will lie in organization, accumulation of power, co-ordination of wills.<sup>8</sup>

Rāja yoga is discussed in the [Yogatattva Upanishad](#). It is then mentioned in a 16th-century commentary on a specific step in the [Yoga Sūtras of Patañjali](#). The medieval era Tantric work [Dattātreyayogaśāstra](#) explains in 334 shlokas the principles of four yogas: [Mantra](#) yoga, Hatha yoga, [Laya](#) yoga and Raja yoga. [Alain Daniélou](#) states that *Rāja yoga* was, in the historic literature of Hinduism, one of five known methods of yoga, with the other four being *Hatha yoga*, *Mantra yoga*, *Laya yoga* and *Shiva yoga*. Daniélou translates it as “Royal way to reintegration of Self with Universal Self ([Brahman](#))”.<sup>9</sup>

**Vivekananda is considered as the introducer of meditation to the Western countries.** In his book *Raja Yoga* and lectures, he widely discussed meditation, its purpose and procedure. He described “meditation” as a bridge that connects human soul to the God. He defined “meditation” as a state “when the mind has been trained to remain fixed on a certain internal or external location, there comes to it the power of flowing in an unbroken current, as it were, towards that point.”<sup>10</sup>

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helping, we embody the essence of community,  
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According to Swami Vivekananda, “faith in ourselves and faith in God- this is the secret of greatness”. Swami Vivekananda observed the history of the world is the history of a few men who had faith in themselves, and it is faith which calls out divinity within.<sup>11</sup>

The term became a modern retronym in the 19th-century when Swami Vivekananda equated raja yoga with the Yoga Sūtras of Patañjali. This meaning is different from that in the *Hatha Yoga Pradīpikā*, a text of the Natha sampradaya.<sup>12</sup>

Contribute to change.

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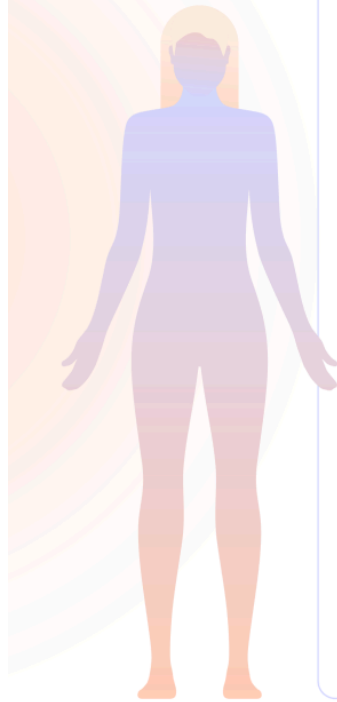
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## Resources

# Body Scan Meditation

🕒 Time: 15-20 Minutes

📊 Difficulty: Easy



## THE BENEFITS OF THE BODY SCAN MEDITATION

- **Builds greater body awareness** – Tuning into sensations across the body helps become more aware of what's going on inside. It also helps you get "out of your mind & into your body"
- **Breaks habitual body tension** – By noticing areas of tightness, we can send conscious breaths to invite softening and relaxation.
- **Cultivates present moment focus** – The process of guiding attention through the body anchors us in the here and now, rather than ruminating on thoughts.
- **Encourages non-judging awareness** – Noticing sensations without labeling them as good or bad fosters equanimity in our body experience.
- **Allows appreciation of the body** – As we systematically scan through the body, we can feel gratitude for all the body does for us.
- **Can be done lying down** – The fact that it can be practiced lying in bed makes it an easy habit, especially helpful before sleep.

Find the instructions for the body scan meditation on the next page.  
You'll also find a script that you can use.

# Body Scan Meditation

 Time: 15-20 Minutes Difficulty: Easy

## INSTRUCTIONS

**01. Find a Comfortable Position:** Begin by finding a quiet, comfortable space where you won't be disturbed. You can do the body scan lying down, sitting, or in any position that feels comfortable for you. Ensure your back is straight, but not tense.

**02. Close Your Eyes and Breathe:** Gently close your eyes. Take a few deep breaths to center yourself. Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth. As you breathe, start to let go of external worries and thoughts.

**03. Set an Intention:** If you like, set an intention for your practice. It could be something like, "May this practice bring calmness and awareness to my body."

**04. Begin with Your Feet:** Direct your attention to your feet. Notice any sensations you feel here. It could be warmth, coolness, pressure, tingling, or maybe nothing at all. Acknowledge whatever you find.

**05. Gradually Move Upward:** Slowly move your focus up to your ankles, calves, knees, and thighs. Spend a few moments on each body part. As you do this, remember to breathe naturally. If your mind wanders, gently bring your attention back to the part of the body you are focusing on.

**06. Explore Your Torso:** Bring your awareness to your lower back and abdomen. Feel your belly rise and fall with each breath. Then, move up to your chest and upper back. Notice the sensations associated with breathing – the expansion and contraction of the lungs, the rise and fall of the chest.

**07. Focus on Your Arms and Hands:** Shift your attention to your fingers, hands, and arms. Observe any feelings of touch, temperature, or movement.

**08. Notice Your Neck, Face, and Head:** Bring your awareness to your neck, facial muscles, and the top of your head. Be mindful of any tension or relaxation in these areas.

**09. Scan the Whole Body:** Now, widen your focus to include the entire body. From the top of your head to the tips of your toes, feel your body as a whole. Breathe in deeply, bringing energy to your body, and breathe out any tension.

**10. Conclude Your Practice:** When you're ready to finish, start to bring your attention back to the room. Wiggle your fingers and toes, gently stretch if needed, and when you feel ready, open your eyes. Take a moment to notice how your body feels compared to before the meditation.

**11. Reflect:** After completing the body scan, take a minute to reflect on the experience. Notice any changes in your body or mind. Remember that there's no right or wrong way to feel during this practice.

# Body Scan Meditation

🕒 Time: 15-20 Minutes

📊 Difficulty: Easy

🔊 INCLUDES AUDIO VERSION

## SCRIPT

Find a comfortable seated or standing position, or lie down with head support. Allow your body to relax and release tension. When ready, close your eyes and focus on your breath. Take long, slow deep breaths. Inhale through your nose, feeling your belly expand. Exhale through your nose or mouth. Settle into a natural rhythm.

Bring your attention down to your feet. Start observing any sensations here – perhaps warmth, tingling, numbness, or nothing at all. That's perfectly fine. You can wiggle your toes a little inside your shoes or socks and feel your feet just as they are. Imagine breathing energy into your feet as you inhale. Exhale any tension. If your mind wanders, gently escort it back to your feet.

When you're ready to move on, allow your feet to dissolve in your mind. Shift your focus now to your ankles, calves, knees, and thighs. Pay attention to any sensations arising in your legs. Maybe you notice some tingling or pulsing. Temperature changes. Points of contact with the floor or chair. Just observe with an open, curious mind without needing to change anything.

When you feel ready to transition, go ahead and let the focus on your legs fade. Bring your awareness now into your lower back and pelvic region. Feel any sensations here...is there any stiffness or tension to release? Warmth? Tingling? Throbbing? The rise and fall of breathing? Accept any sensations you discover just as they are.

Slowly move your attention up into your mid and upper back now. Feel into the points of contact, like your back against a chair. The subtle movements caused by breathing. Any areas holding tightness. With each exhale you can imagine letting go of that tension, allowing your breath to relax your back muscles.

Shift your focus next to your stomach. You might notice emptiness or fullness, the feeling of clothing, warmth, digestion or other activity. Just observe with neutral, non-judging awareness.

Now let's bring awareness to your chest. You may become aware of your steady heartbeat. The chest rising with each inhale and falling with each exhale. If your mind begins to wander, gently notice this without judgment and bring it back to noticing the sensations in your chest. Notice how all sensations shift and change moment to moment. Observe how no sensation is permanent. That's okay. Just let them come and go.

When you're ready, guide your focus now down into your hands and arms. Pay attention to any sensations in your fingers, palms, the back of your hands and wrists. You can even imagine your breath flowing in and out through your fingertips if you'd like. Shift your mind between your left arm and your right arm. You might notice a slight difference in sensations – no need to judge this. As you exhale, you may experience the arm soften and release tension.

Now, bring your attention to your neck, shoulders, and throat. We often hold tension here so as you breathe in, imagine the breath dissolving any knots or tightness. Notice any sensations here. Whatever you feel, it's all okay. With each exhale, consciously relax your neck and shoulders even more.

Finally, take a moment now to feel your whole body at once – from the top of your head down to your feet. Allow your entire being to relax into the surface below you. Tune into the gentle rhythm of the breath as it moves through your body.

When you feel ready to end your practice, gently open your eyes and come back to your surroundings. Notice how your body feels now compared with the beginning. See if you can carry that sense of relaxation and mindfulness with you as you transition to the next moments of your day.

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PAGE 03/03

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- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>
- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)** <https://www.intherooms.com/home/>
- **National Institute of Mental Health:** <https://www.nimh.nih.gov/health/topics/attention-deficit->

[hyperactivity-disorder-adhd/index.shtml](https://www.hyperactivity-disorder-adhd/index.shtml)

- Attention Deficit Disorder Association: <https://add.org/>
- American Academy of Child and Adolescent Psychiatry: <https://www.aacap.org/>
- StopBullying.gov: <https://www.stopbullying.gov/>
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Finding Light When You Feel Down This book offers a roadmap to navigate challenges and find inner peace. It starts by acknowledging moments when you feel low, as captured in "He's Down and Not Responding" (pg. 4). This initial recognition is crucial for moving forward. The following sections offer tools for personal growth. "The Divine Feminine is the source of our creativity and intuition" (pg. 13) suggests tapping into this inner wellspring for guidance and inspiration. Similarly, "GET OUT in Nature" (pg. 24) highlights the restorative power of spending time outdoors. Immersing yourself in nature can be a powerful way to reconnect with

yourself and find clarity. The journey to inner peace also involves self-reflection and letting go. “Laying your actions at the feet of God” (pg. 33) encourages surrender and acceptance, while “Addressing the elephant in the room... Burnout” (pg. 39) tackles a prevalent issue in our fast-paced world. Recognizing and addressing burnout is essential for reclaiming your well-being. This is a true story written by a disabled guy. Helping you see past your own limitations.

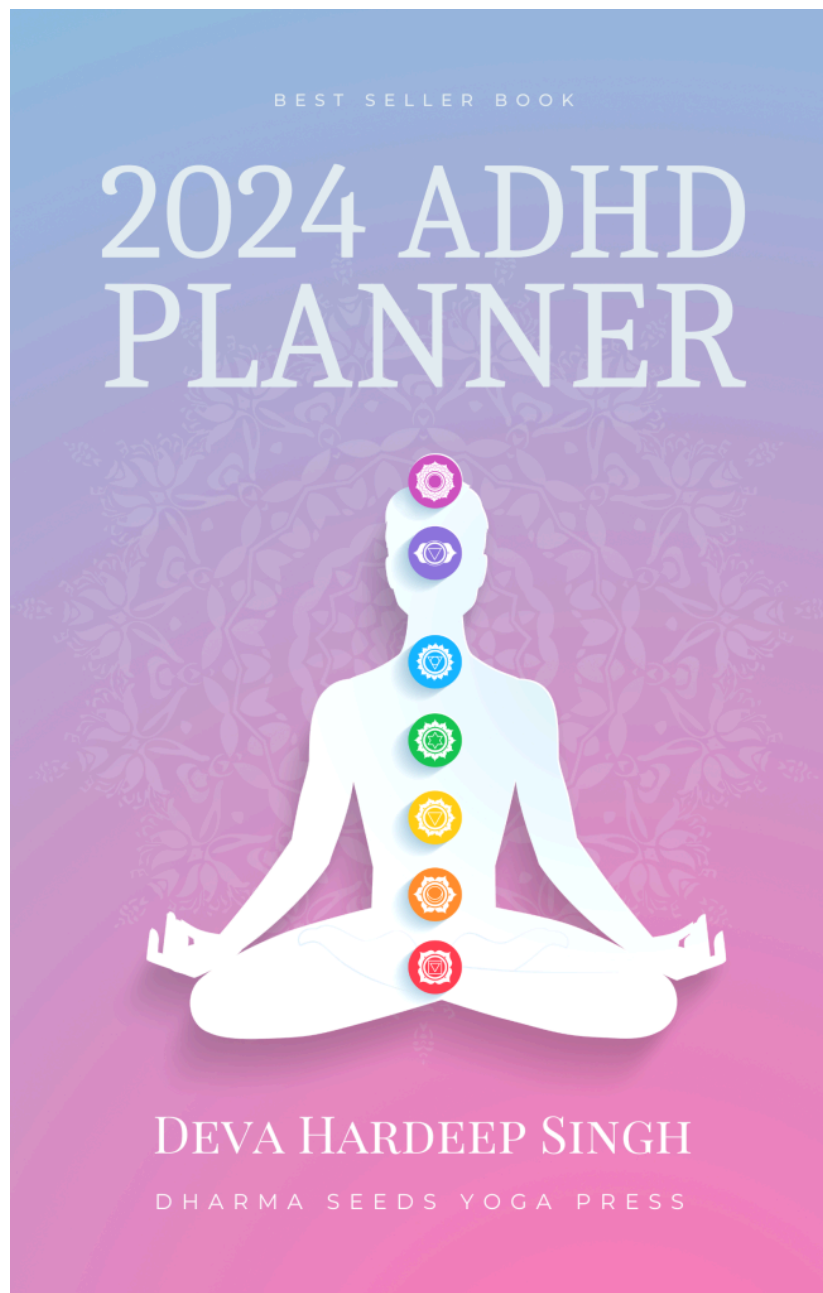
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## NOW FOR SALE

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts

and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

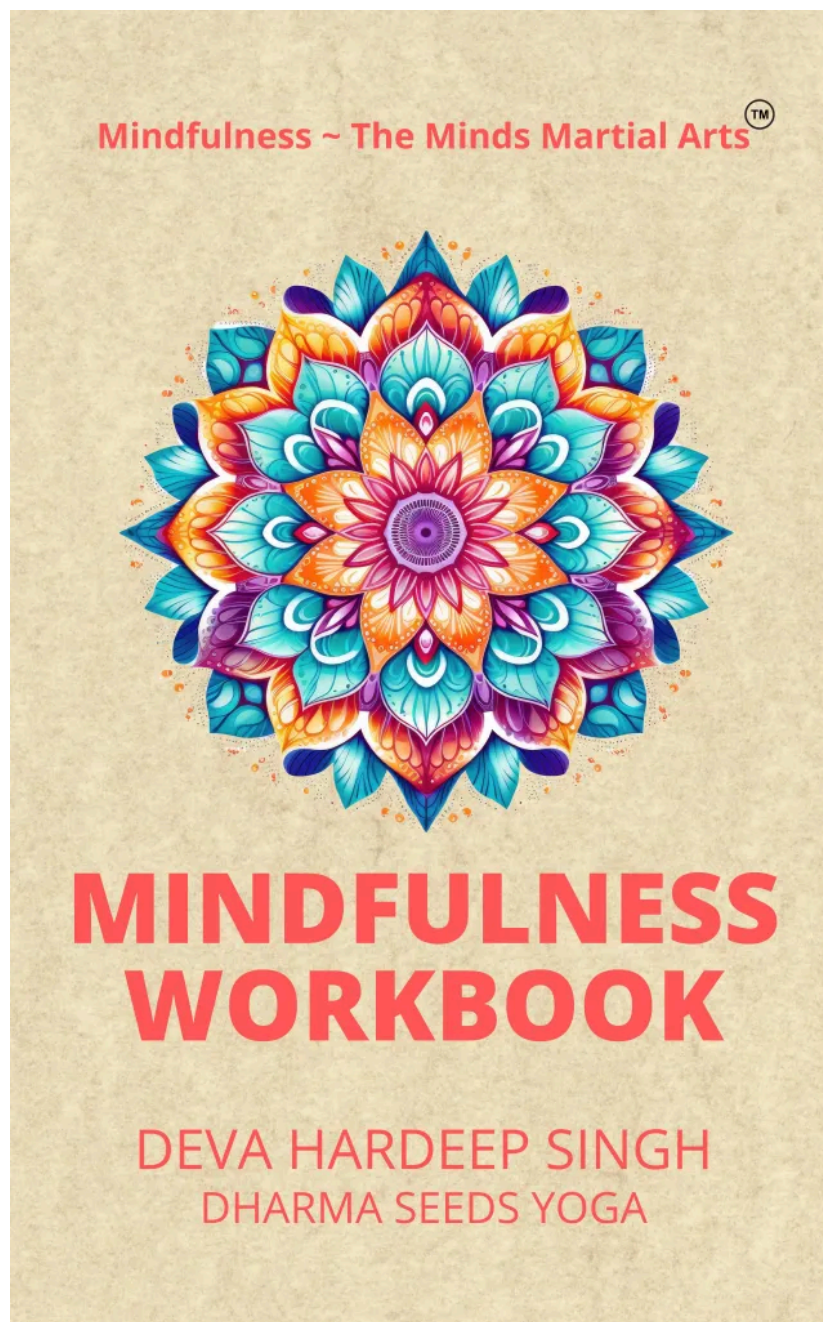
Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner: ·

- Mindfulness activities and exercises: The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being. ·
  - Goal-setting: The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
  - Progress tracking: The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.
  - Calming illustrations: The planner includes calming illustrations that can help you to relax and to focus. ·
- Soothing color scheme: The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.

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## NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

#### The Mind's Martial Arts™ Chapter 1



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Mar 2023 at families 100+year Indigenous homestead.

**Deva Hardeep Singh (he/him; [neurodivergent](#), gay, [ability injured](#), [post-traumatic stress injury](#), [borderline personality injury](#))** is an Oklahoman, a [Yuchi Indian](#), enrolled in the [Muscogee Nation](#), and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the [Hulu/FX](#)

Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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